



## **Buffet Table Tips for People with Diabetes**

The holidays represent a special time for gathering with family and friends. If you have diabetes, this two-month period can pose special challenges, because of the foods we eat to celebrate the holiday. How can you stick with your meal plan, yet join in the celebration and have some fun? You can do it. If you choose wisely and watch how much you eat, you can have a delicious meal and feel good too. So, grab your plate and head for the buffet table.

Look for the high fiber, low-fat dishes. Great choices are beans, peas and lentils, and dark green vegetables such as broccoli, cabbage, and spinach. When it comes to salad, go for the green bean or three-bean dishes, tofu salad, Chinese chicken salad or pasta salads mixed with vegetables. Choose whole grain foods such as brown rice, whole wheat bread, pasta or buckwheat noodles.

Choose veggies that are light on salad dressing, cheese or cream sauce. If you can, make your own dressing with a little olive oil and vinegar. If you love mayonnaise, try a low-fat or fat-free mayonnaise product. Everyone benefits from eating these foods, not just people with diabetes.

Vegetables and grains should fill up most of your plate. Choose small portions of lean meat, poultry or fish. Select grilled chicken without the skin and limit batter fried dishes such as foods cooked tempura style.

Rather than choose dishes that are high in fat and calories, such as tempura, tonkatsu (fried pork), torikatsu (fried chicken), and butter mochi, try choosing healthier items such as miso soup\*, teriyaki, yakitori dishes\*, somen\*, soba, sushi\*, and sukiyaki\*. (\*These foods are high in salt).

What's for dessert? It's hard to beat fresh fruits such as bananas, grapes and oranges. Fruit is an excellent source of fiber, vitamins and minerals, and has zero fat. Everyone, including people with diabetes, should eat three to four servings of fruit a day. Pies, cakes, pastries, and cookies are high in fat and cholesterol. If you can't resist, have a small serving.

It's best to drink water, unsweetened tea or diet beverages. Add a wedge of lemon for flavor. If you choose to drink alcoholic beverages, limit your intake to no more than one drink a day for women, two for men, and drink only with a meal.

Eating the right foods to control your blood sugar means being prepared and planning ahead. If you need help putting together a meal plan, ask your doctor or nurse to refer you to a dietitian or diabetes educator. For more information about controlling your diabetes,

call the Association of Asian Pacific Community Health Organizations (AAPCHO) at 510-272-9536 or the National Diabetes Education Program at 1-800-438-5383 or visit the program's web site at <http://ndep.nih.gov> on the Internet.

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